



# Celebrating Thanksgiving

## Things to do during the holidays with your ohana, friends

### A taste of Thanksgiving

During dinner or while watching the game, you can enjoy the tastes of Thanksgiving with these delicious alcohol-free drinks from "The Mocktail Bar Guide" (Meadowbrook Press).

#### Orange Candied Yam

2 tablespoons of loose light brown sugar, 1/4 banana, 3 tablespoons of small marshmallows, 1/2 cup of orange juice, 2 ounces of cooked sweet potato

Blend ingredients at high speed and pour. You'll have a sweet potato soufflé in a glass!

#### Cranberry-Vanilla Party Punch

18 ounces of frozen strawberries, 3 sliced bananas, 1 1/2 cups of vanilla ice cream, 1/2 cup of sugar, 1/2 cup of chilled orange juice, 6 cups of chilled cranberry juice

Blend the first five ingredients and one cup of cranberry juice at high speed until smooth. Pour into a large punch bowl, add the remaining cranberry juice, and stir well.

#### Cranberry and Walnut Smoothie

1/2 cup of vanilla yogurt, 1/2 cup of cranberry juice, 1/8 cup of shelled walnut halves

Blend ingredients at high speed until smooth. Pour over ice.

### Thanksgiving fun for the kiei

Craft tips for the kids make great table decorations on Thanksgiving Day.

Trace around your child's hand, with fingers spread out, on a piece of construction paper or a small paper plate. Using a pen or marker, draw and eye and beak on the thumb and turkey feet at the bottom of the hand. Decorate by gluing on colorful dried beans and uncooked pasta.

Thanksgiving Place Mat: Give your child old magazines to cut out pictures of things for which he or she is thankful. Glue the pictures onto a piece of cardboard or construction paper. Cover the artwork with clear contact paper to make a place mat.

Pilgrim Hats: Cut out the bottom of a 10-ounce paper cup. Cut black paper to fit around the outside of the cup and glue into place. Trace a four inch circle on black paper and cut it out. Glue it to the rim of the cup to make the hat's brim. Cut a strip of white paper about 1/2-inch wide and long enough to wrap around the cup at the brim. If you like, write the name of a dinner guest or decorate the paper strip. Glue the strip just above the rim. Fill the hat with popcorn, candy, or other treats.

### Thanksgiving traditions That Will Last a Lifetime

Many family traditions have been around so long, no one knows why or how they began! But a new holiday activity can help get your family excited for the celebration and create deeper meaning for your family - and you may start a tradition that lasts for generations.

- Create a special Thanksgiving tablecloth. Use a white or light-colored sheet and have family members write or draw on it with permanent fine-point markers. Ask them to depict who or what they're thankful for, as well as special holiday memories.

- If you don't have an extended family to celebrate with, consider expressing thankfulness for your good fortune by helping others. Volunteer your time and energy for an organization serving a special Thanksgiving meal, such as the Salvation Army, a church or temple, a school or restaurant. Contact your local volunteer service to see who needs help in your community.

- Take some time from the eating and the football games to remind each other what you're thankful for. You can do this by paging through family albums and telling stories. Give everyone a chance to thank others in the family for individual acts of kindness and encouragement.

*Information courtesy of FeatureSource.com.*



## Thanksgiving activities around Pearl Harbor

### Thanksgiving Buffet

If no muss, no fuss, no clean up sounds good to you this Thanksgiving Day, then you'd want to make your reservations for The Banyans' Traditional Thanksgiving Buffet on Nov. 22. The lavish spread of home-cooked meal includes Roast Turkey with Giblet Gravy, Baked Ham with Fruit Sauce, Roast Pork Loin with Rosemary Sauce, Savory Bread Stuffing, Seafood Newburg, Mahi Mahi Florentine, Bourbon Mustard Chicken, Oven-Roasted Potato, Wild Rice, Corn Bread, a full salad bar, a dessert station, beverages and much more.

Cost is adults \$12.95, children 6-11 years old \$7.95 and 5 and younger \$1 times age. In celebration of Military Family week, present your military ID to receive a \$1 discount Seating available at 11 a.m., noon and 1 p.m. For reservations, call 473-1815 or 473-1816.

### 5k Turkey Trot

If you don't think can get through a 5k run after Thanksgiving meal, then try it before Thanksgiving. Morale, Welfare and Recreation (MWR) are sponsoring a Thanksgiving Turkey Trot 5k Fun Run around the perimeter of Ford Island Nov. 21 at 8:30 a.m. MWR invites all active duty service members and their families, and all Department of Defense civilians to this free event.

The course starts at Ford Island Gym and continues around the water's edge. It concludes back at the gym. Upon conclusion of the race, a drawing will be held for several turkeys. Registration is taken on the day of the race. For more information, call 473-2494 or 473-2473

### Thanksgiving Round Robin Doubles Party

This tennis doubles outing is open to all experience levels. It begins at 5:30 p.m. and conclude at 8:30 p.m. Nov. 11. Cost to participate is \$10. For more information, call the 473 0610.

The Wentworth Pro Shop is also offering a holiday sale Monday - Saturday 10 a.m. - 5 p.m. starting Nov. 23 and ending Dec. 21. For more information, call 473-060.

### Other events of interest

Morale, Welfare and Recreation are also offering a holiday paintball outing. For more information, call Ken Cornia at 473-0899.

Liberity in Paradise will host a Thanksgiving dinner. For more information, call 473-5443 or 473-2494.

M.W.R athletics is hosting Thanksgiving Softball and Basketball tournaments. They start Nov. 11 and run until Nov. 25. For more information, call 473-2494.

